

ESSAY WRITING FINE PASTIME

"Better Baby" Contest Editor
Suggests Girls Get Busy
During Easter Holidays.

RECESS UNTIL MAY 1

"Sarah" Writes Her Last Letter to
"Irene"—You Now Have Material
Enough with Which to Start.

No more school until May 1! Public school girls, what are you going to do on all these holidays? Why not try for one of the beautiful gold watches or bracelets The Washington Herald is offering for the best essays on "How to Care for Baby?" All you have to do is sit down and try. No subscriptions, no money; just a little effort on your part.

Of course you will go walking in your new Easter frock tomorrow, and you will spend Monday frolicking in the parks. But how about the rest of the week. Just think how attractive one of The Herald's gold watches would look on your new Easter dress. Walk down town and see the watches and bracelets in the window of Charles Schwartz & Son, jewelers, at 708 Seventh street northwest; then get busy.

You have until Saturday, May 6, to get your essay into The Herald office. It must not be more than 400 words long. You have two full weeks left, so don't be satisfied with the first essay you write. Try again. Each time it will be better. If you are only a third grade pupil, don't be afraid of your sister in high school who is also writing an essay. There will be a gold watch and bracelet for the high schools and two similar prizes for the graded schools.

"Sarah" Writes to "Irene."

Today "Sarah," the city mother, writes her last letter to "Irene," the country mother, on "How to Care for Baby." These letters will help you in writing your essay.

"My Dear Irene: I really believe one of the hardest things I have to contend with is advice."

"This afternoon while in the park with little Elsie, who, by the way, is teething, a woman asked me why I did not get a bottle of Dr. Somebody's teething syrup. You can't know how thankful I felt then for the lessons we had been taught about all so-called teething and soothing syrups. You know, Irene, they are all very dangerous, since most of them contain opium and alcohol in one form or another. Just think of it: Giving a young baby alcohol and opium!"

"It is such a comfort to know that teething is a perfectly normal process and should remain so if the baby is kept in good condition and out of doors as much as possible."

"Have you ever heard, Irene, of some of the peculiar superstitions many people have about doing certain things for the baby? For instance, an old lady came into see me the other day when I was finishing up baby's toilet. She seemed so shocked that I was cutting her finger nails; she said I should bite them off, because cutting a baby's nails would make him steal! Did you ever hear of anything so absurd?"

Burned Baby's Shirt.

"Another of my neighbors had a sick baby. The baby was having a convulsion. The woman ran in for me and when I asked her what she had done to relieve the little one, she said she had burned the baby's shirt. Some one had told her it was the best way to relieve a convulsion. I told her to send for the doctor at once and I prepared a warm mustard bath as taught at our 'better baby' club. While the bath was being given, I prepared an injection of warm water and castile soap to be given with an infant syringe."

"Also what curious things one hears about the spot on top of baby's head, through which one can feel a pulsation. It is the junction of several of the bones of the head and it does not close over until after a baby is a year old. Some people call this the 'mole' of the head. They allow a dirty scruff to form which looks bad and must be uncomfortable and itchy to the little one. I know that if I am careful I cannot hurt the baby's head, so I wash it each morning with soap and water."

"Well, as usual, I have filled up another letter with baby lore, but I should feel quite selfish if I did not put at your disposal all that I have learned about the baby's care."

"Your Friend," "SARAH."

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TRADE SEWING EXHIBITED.

Neighborhood House Work on Display at Raleigh Hotel.

An exhibit of products of the Trade Sewing School of the Neighborhood House was opened yesterday morning in room 103 at the Raleigh.

The exhibit is being held under joint auspices of the College Club and the Association of Collegiate Alumnae. The articles displayed include fancy needle work, lingerie, made dresses and aprons, negligees, smocked waives and a varied assortment of children's and infants' apparel. The exhibit will be open today from 10 until 5 o'clock and Monday, from 10 until 6 o'clock.

Secretary Baker to Speak.

Secretary of War Baker will make his debut as a public speaker in Washington tomorrow afternoon at 5 o'clock at the meeting of the Grover Cleveland Community Forum, in the Public Library, A. J. Driscoll, president of the forum, will preside.

CONGRESS OF MOTHERS WILL MEET SATURDAY

Baby Week and Child Hygiene Exhibits Will Be Features of All-Day Session.

The annual State convention of the District Congress of Mothers will be held on Saturday, April 23, at the Raleigh Hotel. This will be an all-day meeting, beginning at 10 o'clock. The first order of business of the morning session will be nominations for officers, whose election will take place during the afternoon session.

An attractive program has been arranged, including addresses on various phases of child welfare by speakers of note. The musical program is in the hands of Madama von Unschuld. Mrs.

Rafter, president of the congress, being chairman of the campaign work in the District for Baby Week, there will be most instructive Baby Week exhibit. Mrs. S. K. Lamb is chairman of a committee of child hygiene exhibits.

The present officers of the congress are: Mrs. G. E. Rafter, president; Mrs. Elizabeth Timlow, first vice president; Mrs. James Lansburgh, second vice president; Mrs. Bertha Lincoln Heustis, third vice president; Mrs. B. C. Culbertson, fourth vice president; Mrs. Marshall, fifth vice president; Mrs. C. V. Burnside, recording secretary; Mrs. E. L. Daniel, corresponding secretary; Mrs. C. E. Stoddard, treasurer, and Mrs. E. C. Towne, parliamentarian.

Horses Barred from Park.

Horses and vehicles will be excluded from the National Zoological Park on Easter Monday, as it has been found the past two years that the children have been afforded much more protection by excluding the horses and vehicles. Ball playing will not be allowed in the park during that day.

TRADE BOARD TO VOTE ON DISTRICT SUFFRAGE

Questions of National Defense Also to Be Considered at Meeting on Monday Night.

The Board of Trade will act on the questions of national defense and suffrage for the people of the District at its monthly meeting at the Willard on Monday night.

The defense question was referred to the board for action by the United States Chamber of Commerce. The public order committee of the board met yesterday afternoon, and after a lengthy discussion of all phases of the defense question, formulated a report, which will not be made public before Monday night.

The Board of Trade has never acted on the question of suffrage for the people of the District, and much interest exists among the business men to know just what stand the board will take on this question. It will be brought before the board Monday night by Edwin C. Brandenburg, president of the board and chairman of a special committee appointed to handle the subject.

The following phases of the preparedness question will be either endorsed or denounced by the board: The creation of a council of national defense, creation of a staff on industrial mobilization, the restoration of the United States navy at least to the position of second among the navies of the world, and military training for all citizens.

President Wilson has given a conditional promise to deliver a short address at the meeting Monday night if international affairs permit.

Though both arms were covered within three inches of the shoulder six years ago, David T. Jones, of Baltimore, has mastered stenography.

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